**2023 – 2024**

**ODAC Short Course Practice Schedule**

(as of August 2023)

**Senior Program (13-overs) – *Honey Bee Pool***

|  |  |  |  |
| --- | --- | --- | --- |
| Group | Times | Days | Venue |
| Senior Two | 4:30 pm – 6:30 pm | Monday through Friday | Honey Bee |
| 7:00 am – 9:30 am | Saturday | Honey Bee |
| Senior Three | 7:15 pm – 8:15 pm | Monday and Wednesday | Honey Bee |
| 6:30 pm – 8:00 pm | Tuesday, Thursday, Friday | Honey Bee |
| 9:45 am – 11:15 am | Saturday | Honey Bee |

**Age Group Program (12-unders) – *Honey Bee Pool***

|  |  |  |  |
| --- | --- | --- | --- |
| Group | Times | Days | Venue |
| 11-12 | 7:15 pm – 8:15 pm | Monday and Wednesday | Honey Bee |
| 6:30 pm – 8:00 pm | Tuesday, Thursday, Friday | Honey Bee |
| 9:45 am – 11:15 am | Saturday | Honey Bee |
| 9-10 | 6:30 pm – 7:30 pm | Monday and Wednesday | Honey Bee |
| 7:15 pm – 8:15 pm | Tuesday, Thursday, Friday | Honey Bee |
| 9:45 am – 11:15 am | Saturday | Honey Bee |
| Super Squad Blue | 6:30 pm – 7:15 pm | Monday through Friday | Honey Bee |
| Super Squad Yellow | 6:30 pm – 7:15 pm | Monday, Wednesday, Fri. | Honey Bee |

**2023 – 2024**

**ODAC Short Course Practice Schedule**

(as of August 2023)

**Senior Program (13-overs) – *Great Bridge Pool***

|  |  |  |  |
| --- | --- | --- | --- |
| Group | Times | Days | Venue |
| Senior One\* | 4:15 pm – 7:00 pm | Monday through Friday | Great Bridge |
| 7:00 am – 9:30 am | Saturday | Great Bridge |
| Senior Three | 7:15 pm – 8:15 pm | Monday and Wednesday | Great Bridge |
| 6:30 pm – 8:00 pm | Tuesday, Thursday, Friday | Great Bridge |
| 9:45 am – 11:15 am | Saturday | Great Bridge |

(\* Senior One Group will also have 2 morning weight room practices offered during the week.)

**Afternoon Age Group Program (10-unders) – *Great Bridge Pool***

|  |  |  |  |
| --- | --- | --- | --- |
| Group | Times | Days | Venue |
| 9-10 | 3:15 pm – 4:15 pm | Monday through Friday | Great Bridge |
| 9:45 am – 11:15 am | Saturday | Great Bridge |
| Super Squad Blue | 3:30 pm – 4:15 pm | Monday through Friday | Great Bridge |
| Super Squad Yellow | 3:30 pm – 4:15 pm | Monday, Wednesday, Fri. | Great Bridge |

**Evening Age Group Program (12-unders) – *Great Bridge Pool***

|  |  |  |  |
| --- | --- | --- | --- |
| Group | Times | Days | Venue |
| 11-12 | 7:15 pm – 8:15 pm | Monday and Wednesday | Great Bridge |
| 6:30 pm – 8:00 pm | Tuesday, Thursday, Friday | Great Bridge |
| 9:45 am – 11:15 am | Saturday | Great Bridge |
| 9-10 | 6:30 pm – 7:30 pm | Monday and Wednesday | Great Bridge |
| 7:15 pm – 8:15 pm | Tuesday, Thursday, Friday | Great Bridge |
| 9:45 am – 11:15 am | Saturday | Great Bridge |
| Super Squad Blue | 6:30 pm – 7:15 pm | Monday through Friday | Great Bridge |
| Super Squad Yellow | 6:30 pm – 7:15 pm | Monday, Wednesday, Fri. | Great Bridge |